

COURSE MATERIAL UPDATES

- **Natural Lore Wellness Teas & Essence Blends**

ASSESSMENT UPDATES

Attunement Exercise

Please note that this exercise can be conducted with any 3 teas you may have at home or even 3 items of food. You do not have to use Natural Lore Teas. This exercise relates to the attunement process itself, not the products that are utilised.

Question 2: Which tea would you suggest for each of the below conditions, and provide a brief description of why?

This question has been incorporated here as it is essential to understand the reasoning/rationale behind recommending ANY formula or product to a client and hence there is a "why" component to this question. It is helpful to know that a particular formula is beneficial for a particular ailment or issue, generally learnt through reading / absorbing information and then offering an answer. However to **UNDERSTAND** deeply and more holistically why that formula is of benefit, and perhaps even more than 1 formula, then it shows you have a greater appreciation of the relationship between the formula and the person who will be taking it. Embracing this approach, in whatever way suits you, will provide a different platform to communicate with your clients in a far more substantial manner than the ordinary "I know because this is what i studied". As you progress through the modules and learn more about the oils and formulas, you will understand the significance of this more fully.

Once you begin working with clients, part of the data component is to include the rationale of why you have recommended certain formulas to your client in your consultation notes in the portal. This information will assist you to recall why you recommended a certain protocol for a client in the first place as this may be beneficial as the client progresses to have as a reference point.